

K I R K H O P E

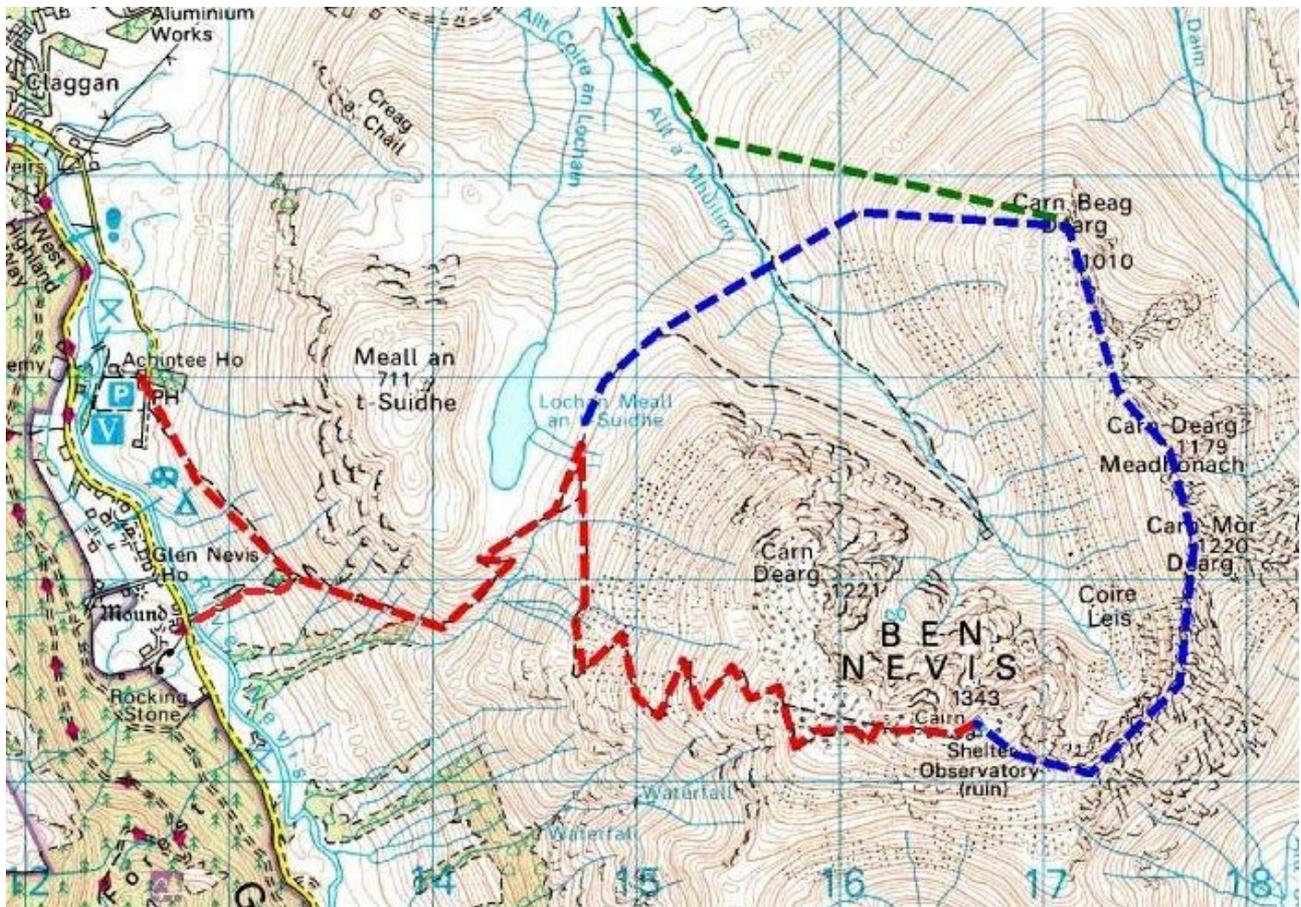
M O U N T A I N E E R I N G

The main route up Ben Nevis is called the 'tourist track' but don't let the name fool you, the path has about 1300m of ascent and descent and is approximately a 16km round trip. Average times range from 6-9 hours and although it is achievable for most people you do need to be exercising regularly before you make an attempt to make the route and your day more enjoyable. The information below should help answer any question you have but don't hesitate to get in touch if you need more information.

The route.

The walk starts at the Glen Nevis visitors centre (marked with a 'V' on the map below). There is ample parking and a public toilet, the car park is a donate and display with funds going towards upkeep of the mountain path and local area so please donate if you can. From here the path crosses the river and follows it for a couple of hundred meters before turning up hill to meet the start of the mountain track.

The first half of the mountain starts off on a good gentle path but it soon steepens and stays like this until you meet the 'halfway lochain'. Here the angle eases and gives you a chance to catch your breathe, it soon turns south and takes you to the 'Red burn' which marks halfway. On the upper part of the mountain the path zig-zags back and forth with the gradient never too steep, you soon find yourself starting to cross the plateau past MacLean's steep, Tower gully, Gardyloo gully and the last final stretch to the summit. The route down is just the reverse of the above description. The route is shown in red below.



Kit list.

The list below is everything we recommend you need for your walk, obviously the weather is very changeable so if it is forecast to be cold you may wish to add an extra pair of gloves and a hot drink. Or alternatively, if it is to be a very hot and dry day you may wish to leave a warm layer and take some more water, your guide will be happy to talk to you about this. If your guide feels you are not adequately equipped they may refuse to take you so please be sure you have everything you need.

- **Comfortable walking boots, preferably waterproof, that will provide ankle support.**
- **Waterproof jacket and trousers.**
- **Walking socks.**
- **Baselayer t-shirt to be worn next to the skin (not cotton).**
- **Comfortable walking trousers (not jeans).**

In your rucksack:-

- **Warm mid layers. At least two, one to wear and one as an emergency layer.**
- **Hats and gloves.**
- **Head torch.**
- **A small personal first aid kit containing plasters etc.**
- **A flask and/or drinks bottle, 1L should be enough.**
- **A rucksack. Anything larger than a 30L pack will do.**
- **An orange emergency survival bag.**
- **Food (A collection of high sugar foods and some carbohydrates will help you through the day)**
- **Some people may find walking poles of use but if you don't have them then please don't spend a fortune on something you may not need.**

Meeting time and place.

Please meet your guide at **08.30** in the **Glen Nevis visitors centre carpark, by the bridge**. This will give you time to make any last minute changes to your kit before the planned departure time of 09.00. Below is a link to help you find your way and the Visitors centre is clearly sign posted from the main road and is only a 5 minute drive from the town centre. There is a bus service that runs past the centre and there are many local taxi firms that will take you there.

If you are having any problems with transport please do get in touch.

[Glen Nevis visitor centre map](#)

I wish you luck with your walk and again please don't hesitate to get in touch if you have any questions, Scott Kirkhope.

+447500029783

scott@kirkhopemountaineering.co.uk

